BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Extended Diploma in Health and Social Care (Health Studies)
Unit number and title	**Unit 24: Health Psychology**
Learning aim	Learning aim A: Understand influences and beliefs towards health and ill health resulting in the development of health psychology as a discipline Learning aim B: Examine how psychology contributes to the management of contemporary issues in health Learning aim C: Investigate models of stress and related strategies for managing stress Learning aim D: Explore the role of psychology in dealing with pain and ill health.
Assignment title	Applying psychological theory to healthcare practice
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have been accepted on a degree in Health Studies at a university of your choice. As part of your preparation, the university has asked that you prepare some materials to be shared with your fellow students at induction.

Task 1	You are asked to produce a report that evaluates the role of health psychology, health and ill health concepts in the management of two selected, contemporary issues in health. Your report should also: ● assess the extent to which concepts of health psychology health and ill health held by individuals, influence their health-related beliefs and behaviours with regard to your two, selected contemporary issues, explaining how the concepts and models influence individuals ● assess the contribution of health psychology in the management of your two, selected contemporary issues ● include an explanation of how health psychology can be used in the management of both of your selected, contemporary issues.
Checklist of evidence required	Report

Criteria covered by this task:	
Criteria reference	To achieve the criteria you must show that you are able to:
AB.D1	Evaluate the role of health psychology, health and ill health concepts in the management of contemporary issues in health.
A.M1	Assess the extent to which concepts of health psychology, health and ill health influence health related beliefs and behaviours.
B.M2	Assess the contribution of health psychology in the management of different contemporary issues in health.
A.P1	Explain how concepts of health psychology, health and ill health influence health-related beliefs and behaviours.
B.P2	Explain how health psychology can be used in the management of different contemporary issues in health.

Task 2	The tutor from the university has provided you with a case study. You will be asked to discuss this in your first tutorial. You must produce a report that evaluates and analyses the use of appropriate strategies and psychological theories, in managing the stress, pain and ill health experienced by your selected service user, justifying how theories can be applied to the management of the pain and ill health experienced by the service user. Your report must also evaluate the importance of health psychology in helping individuals to deal with their pain, illness and stress. Please also include in your report: ● an explanation of how stress can affect the illness of your selected individual and the potential strategies that can be used to manage the stress ● an explanation of how psychology contributes to the management of pain and how psychological theories can be applied to manage your selected service user's illness.
Checklist of evidence required	Report

Criteria covered by this task:	
Criteria reference	To achieve the criteria you must show that you are able to:
C.D.2	Evaluate the use of strategies and psychological theories in managing stress, pain and ill health for a selected service user.
D.D3	Evaluate the importance of health psychology in helping individuals to deal with contemporary issues in health, stress, pain and illness.
C.M3	Analyse strategies that a selected service user can apply to manage stress with reference to their link to illness.
D.M4	Justify how psychological theories can be applied to manage pain and ill health for a service user.
C.P3	Explain how stress can influence illness.
C.P4	Explain potential strategies that a selected service user can apply to manage stress.
D.P5	Explain how psychology contributes to the management of pain.
D.P6	Explain how psychological theories can be applied to manage a service user's illness.

Sources of information to support you with this Assignment	**Books** Hadjistavropoulos T and Craig K D — *Pain, Psychological Perspectives* (Psychology Press, 2013) ISBN 9780415650618 Morrison V, Bennett P — *An Introduction to Health Psychology* (Pearson, 2022) ISBN 078292262901 Ogden J — *Health Psychology: A Textbook* (McGraw Hill Education, 2012) ISBN 9780335243839 **Website** https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2778019/
Other assessment materials attached to this Assignment Brief	Case study

Note:

The Assignment Brief is set in the context of work required in preparation for entrance to university. Some university courses do require learners to produce materials for discussion, often as part of the interview process, but also for use in the first weeks of the course.

Task 1 asks learners to produce a report on two contemporary issues and apply concepts of health psychology, models of health and ill health, to demonstrate their understanding. Learners should include individual research in addition to information gained in class sessions.

Task 2 is based on a case study attached to the Authorised Assignment Brief or produced by the teacher. Alternatively, learners could base their report on an individual known to them, whilst ensuring complete anonymity for the individual and having obtained informed consent.